

SCHEDULE B - MEAL PATTERN FOR ADULTS

CNFDD 7070-B (7/98)

BREAKFAST	
MILK, FLUID ²	1 CUP ³
VEGETABLE, OR FRUIT, OR FULL-STRENGTH JUICE, OR ANY COMBINATION	½ CUP
GRAINS/BREAD⁴ (WHOLE GRAIN, ENRICHED, OR FORTIFIED): BREAD OR CORNBREAD, ROLLS, MUFFINS, OR BISCUITS OR COLD DRY CEREAL (VOLUME OR WEIGHT, WHICHEVER IS LESS) OR COOKED CEREAL, PASTA, NOODLE PRODUCTS, OR CEREAL GRAINS, OR AN EQUIVALENT OR COOKED CEREAL GRAINS, OR AN EQUIVALENT QUANTITY OF ANY COMBINATION OF BREAD	2 SLICES 2 SERVINGS 1½ CUPS (2 OZ.) 1 CUP 1 CUP
LUNCH OR SUPPER	
MILK, FLUID ² (LUNCH ONLY - MILK IS NOT REQUIRED FOR SUPPER)	1 CUP
VEGETABLE AND/OR FRUIT (TWO OR MORE KINDS SERVED AS INDIVIDUAL MENU ITEMS) ⁵	1 CUP TOTAL ⁵
GRAINS/BREAD⁴ (WHOLE GRAIN, ENRICHED, OR FORTIFIED): BREAD OR CORNBREAD, ROLLS, MUFFINS, OR BISCUITS OR COOKED CEREAL, PASTA, NOODLE PRODUCTS, CEREAL GRAINS, OR AN EQUIVALENT OR COOKED CEREAL GRAINS, OR AN EQUIVALENT QUANTITY OF ANY COMBINATION OF BREAD	2 SLICES 2 SERVINGS 1 CUP (2 OZ.) 1 CUP
MEAT AND MEAT ALTERNATES: LEAN MEAT, FISH, OR POULTRY (EDIBLE PORTION) OR CHEESE OR COTTAGE CHEESE, CHEESE FOOD, OR PROCESSED CHEESE SPREAD OR YOGURT ⁸ OR EGG OR COOKED DRY BEANS, OR PEAS OR PEANUT BUTTER, SOYNUIT BUTTER, OTHER NUT, OR SEED BUTTERS OR PEANUTS, SOYNUITS, TREE NUTS, SEEDS ⁶ , OR WHOLE ROASTED PEAS	2 OZ. 2 OZ. 4 OZ. OR ½ CUP 8 OZ OR 1 CUP 1 EGG ½ CUP 4 TBSP. 1 OZ. = 50%
A. M. OR P. M. SNACK (Select 2 different food components)	
MILK, FLUID ²	1 CUP
VEGETABLE, OR FRUIT, OR FULL-STRENGTH JUICE ⁷ , OR ANY COMBINATION	½ CUP
GRAINS/BREAD⁴ (WHOLE GRAIN, ENRICHED, OR FORTIFIED): BREAD OR CORNBREAD, ROLLS, MUFFINS, OR BISCUITS OR COLD DRY CEREAL (VOLUME OR WEIGHT, WHICH EVER IS LESS) OR COOKED CEREAL, PASTA, NOODLE PRODUCTS, CEREAL GRAINS OR AN EQUIVALENT QUANTITY OF ANY COMBINATION OF BREAD/BREAD ALTERNATE	1 SLICE 1 SERVING ¾ CUP (1 OZ.) 1 CUP
MEAT AND MEAT ALTERNATES: LEAN MEAT, FISH, OR POULTRY (EDIBLE PORTION) OR CHEESE OR COTTAGE CHEESE, CHEESE FOOD, OR PROCESSED CHEESE SPREAD OR YOGURT ⁸ OR EGG OR COOKED DRY BEANS OR PEAS OR PEANUT BUTTER, SOYNUIT BUTTER, OTHER NUT OR SEED BUTTERS OR PEANUTS, SOYNUITS, TREE NUTS, SEEDS ⁶ , OR WHOLE ROASTED PEAS	1 OZ. 1 OZ. 2 OZ. OR ¼ CUP 4 OZ. OR ½ CUP 1 EGG ¼ CUP 2 TBSP. 1 OZ.

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CNFDD 7070-B, PG 2 (7/98)

1. PARTICIPANTS MAY BE SERVED LARGER PORTIONS BUT **SHALL NOT BE SERVED LESS THAN THE MINIMUM QUANTITIES SPECIFIED.**
2. FLUID MILK IS DEFINED AS PASTEURIZED UNFLAVORED OR FLAVORED NONFAT, LOW FAT, OR WHOLE MILK, ACIDIFIED MILK, OR CULTURED BUTTERMILK THAT SATISFIES STATE AND LOCAL STANDARDS. **ALL MILK MUST CONTAIN VITAMINS A AND D AT LEVELS SPECIFIED BY THE U.S. FOOD AND DRUG ADMINISTRATION.** LACTOSE-REDUCED MILK MAY BE SERVED TO PARTICIPANTS WHO HAVE DIFFICULTY DIGESTING THE LACTOSE IN MILK. **MILK IS TO BE PROVIDED AS A BEVERAGE.** FOR BREAKFAST OR SUPPLEMENTAL MEAL, IT MAY BE SERVED WITH CEREAL, AS A BEVERAGE, OR BOTH. **ANY SUBSTITUTION FOR THE FLUID MILK COMPONENT MUST BE MEDICALLY PRESCRIBED.** ON PAGE 71 OF THE CDE SIMPLIFIED BUYING GUIDE, THERE IS A LIST OF CALCIUM-CONTAINING FOODS THAT MAY BE PROVIDED TO PARTICIPANTS' MEDICAL PRACTITIONERS AS GUIDANCE.
3. FOR PURPOSES OF THE REQUIREMENTS OUTLINED, A **CUP** MEANS A STANDARD MEASURING CUP, LIQUID OR DRY, AS APPROPRIATE.
4. A BREAD SERVING IS CONSIDERED TO BE 1 SLICE OF BREAD EQUIVALENT TO 25 GRAMS (0.9 TO 1 OUNCE) IN WEIGHT. INSTRUCTIONS ON DETERMINING APPROPRIATE SERVING SIZES FOR BREAD ALTERNATIVES (CRACKERS, PANCAKES, BULGUR, ETC.) ARE FOUND IN THE CDE SIMPLIFIED BUYING GUIDE OR USDA FOOD BUYING GUIDE. **ALSO SEE MANAGEMENT BULLETIN 97-305, ISSUED AUGUST 1997.**
5. FOR LUNCH OR SUPPER, SERVE TWO OR MORE KINDS OF VEGETABLES AND/OR FRUITS (AS TWO SEPARATE MENU ITEMS). FULL-STRENGTH JUICE, VEGETABLE OR FRUIT, MAY ONLY BE COUNTED AS ONE ITEM OF THIS TWO-ITEM REQUIREMENT.
6. TREE NUTS AND SEEDS THAT MAY BE USED AS MEAT ALTERNATIVES ARE LISTED IN THE CDE SIMPLIFIED BUYING GUIDE. **NO MORE THAN 50% OF THE REQUIREMENT SHALL BE MET WITH NUTS OR SEEDS.** NUTS OR SEEDS MAY BE COMBINED WITH ANOTHER MEAT/MEAT ALTERNATE TO FULFILL THE REQUIREMENT. FOR THE PURPOSE OF DETERMINING COMBINATIONS, 1 OUNCE OF NUTS OR SEEDS IS EQUAL TO 1 OUNCE OF COOKED LOAN MEAT, POULTRY, OR FISH. HOWEVER, IN THE CASE OF NUT OR SEED **BUTTERS** (PEANUT BUTTER, SOYNUIT BUTTER, ETC.), THEY MAY SATISFY 100% OF THE MEAT ALTERNATE REQUIREMENT.
7. A SUPPLEMENT (SNACK) MUST CONSIST OF TWO **DIFFERENT** COMPONENTS. FRUIT/VEGETABLE IS CONSIDERED A SINGLE COMPONENT; THUS A SERVING OF FRUIT PLUS A SERVING OF VEGETABLE AT THE SAME SUPPLEMENTAL MEAL WILL **NOT** MEET THE REQUIREMENT. **A SUPPLEMENTAL MEAL MAY CONSIST OF TWO FLUID COMPONENTS:** E.G., A SERVING OF MILK PLUS A SERVING OF FRUIT JUICE (OR VEGETABLE JUICE) MAY BE PROVIDED IN THE SAME SUPPLEMENTAL MEAL TO MEET THE TWO COMPONENT REQUIREMENT.
8. **YOGURT MAY NOT BE USED AS A MILK SUBSTITUTE FOR ANY MEAL SERVICE.** FOUR (4) OUNCES OF YOGURT IS EQUIVALENT TO 1 OUNCE OF MEAT ALTERNATE. THE FOUR-OUNCE QUANTITY DOES NOT INCLUDE THE WEIGHT OF COMMERCIALY ADDED FRUIT OR FLAVORINGS. REFER TO GUIDANCE ISSUED ON THE USE OF YOGURT. COMMERCIALY ADDED FRUIT OR OTHER FLAVORINGS MAY NOT BE USED TO SATISFY ANY COMPONENT IN ANY MEAL SERVICE. FROZEN YOGURT AND OTHER NONSTANDARDIZED YOGURTS ARE NOT CREDITABLE PRODUCTS AND MAY NOT BE USED TO SATISFY ANY COMPONENT REQUIREMENT IN A REIMBURSABLE MEAL.

ARE YOU GOING TO IMPLEMENT THE OFFER VS SERVE OPTION? YES <input type="checkbox"/> NO <input type="checkbox"/>	IF YES, WHICH MEALS? BREAKFAST <input type="checkbox"/> LUNCH <input type="checkbox"/> SUPPER <input type="checkbox"/>	
IF YES, WHAT DATE WILL YOU BEGIN? _____		

CERTIFICATION - I CERTIFY THAT THE AGENCY WILL COMPLY WITH ALL MEAL AND COMPONENT REQUIREMENTS SET FORTH IN THE FEDERAL REGULATIONS, 7 CFR PART 226 AND OUTLINED ABOVE. I UNDERSTAND THAT ANY MEAL SERVED THAT DOES NOT MEET THESE REQUIREMENTS MAY NOT BE CLAIMED FOR REIMBURSEMENT UNDER THE ADULT DAY CARE FOOD PROGRAM.

SIGNATURE OF AUTHORIZED REPRESENTATIVE



DATE